

Maternal and Child Health Block Grant

10th Congressional District

Every year, the state of Washington receives about \$8.77 million in funding from the Maternal and Child Health Block Grant (MCHBG). Thurston and Pierce Counties receive about \$749,000 of these funds to improve the health and lives of pregnant and reproductive-age women, infants, children, and adolescents, including children and youth with special healthcare needs.

In 2014, MCHBG funds directly benefited more than 14,000 pregnant women, approximately 87,000 newborns, more than 7,700 children with special healthcare needs, and more than 46,000 other children, adolescents, and adults.

The MCHBG supports work in the 10th Congressional District

Public health nurse encourages teen mother to enroll in Nurse Family Partnership

Amy was 16 when her nurse Cathy, a public health nurse with in Thurston County encouraged her to enroll in Nurse Family Partnership (NFP). At the time, she was 18 weeks pregnant and had been using illegal drugs for several years. Amy grew up in a home where both parents were substance abusers (her mother is now clean). Yet pregnant Amy wanted a better path for herself. Being enrolled in NFP meant that she could begin outpatient substance abuse treatment for methamphetamines, heroin, and marijuana.

Throughout her life, Amy has struggled with depression and anxiety. Cathy encouraged Amy to find new ways to cope, including exercise and counseling. With Cathy's support, Amy discovered a fondness for yoga and learned to be an active participant in discussions at school. Amy is now 18 and her son is 2. Amy has remained clean and graduated from high school last June. She is working on her associate's degree at a community college and also works as a waitress. Amy loves spending time with her son, a healthy, active boy with no developmental issues. While in NFP, Amy has embraced information on how to be the best mother she can be and support her son as he grows.

Amy and her son are still living at home with Amy's mother, stepfather, and sisters. She values having a support system as a young mother, but hopes to live on her own someday. In a recent visit with Cathy, Amy talked of a situation that put her in a vulnerable place and caused her to question her ability to continue on a positive path. Cathy talked it out with Amy and helped her see how far she had progressed from when she initially started the NFP program.



For more information about how the department uses these important funds, contact:

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